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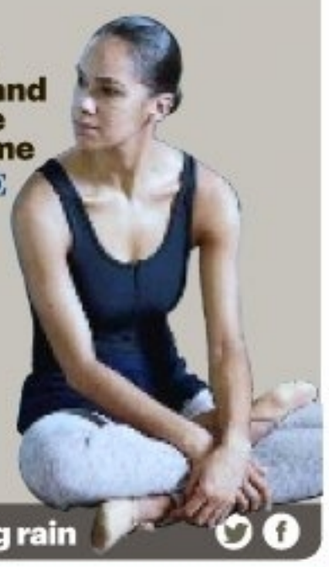

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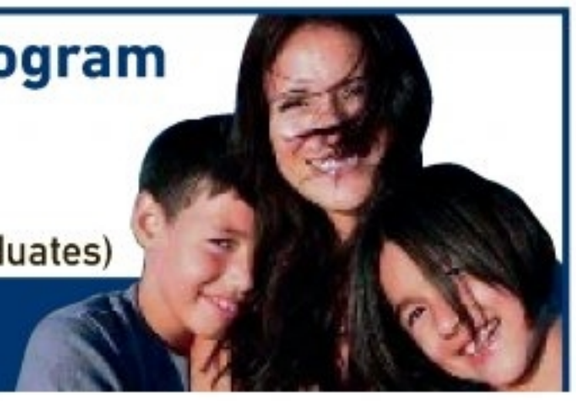

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HEADLINE
COFFEE

The Royal Treatment

All hail, the Queen of Coffee

By: Sean Deasy

Coffee Fermentation In Nicaragua

From the northern reaches of Nicaragua in the mountainous region of San Juan del Rio Coco, Madriz, comes a coffee with a majestic taste and an equally royal handle. It's called Reyna del Cafe, or "Queen of Coffee" in English.

And, for roaster Eric Shabsove from Mountain View Coffee in Toronto, it has an undeniably regal presence.

"Reyna del Cafe has an exciting caramel-y, buttery smell to it," says Shabsove, who has curated the entire Headline Coffee collection. "As for taste, it has such a clean, citrus acidity with subtle butterscotch notes, and a silky smooth body. But, above all, I believe the acidity is actually perfect on this one."

As always, getting such a flavourful bean is all about location, location, location. Shabsove counts the densely tropical forests of northern Nicaragua, where the Reyna del Cafe co-op is situated, among his favorite coffee-growing regions. "The reason I like this area is quite simple: it's got a very unique microclimate up there."

It's effectively an area that's tailor-made for growing coffee. The most impactful characteristics of that microclimate are its rich volcanic soil and getting just the right amount of rain during the summer [hint: lots]. The high elevations and cool, dry weather in the autumn allow for the shade-grown beans to mature slowly, which in turn creates a complex flavour profile unlike any other in Nicaragua.

The timing of Reyna del Cafe's introduction to Headline Coffee members is no coincidence. In fact it couldn't be better: The beans, harvested between December and February, are released right about now.

The proud growers

The Reyna del Cafe co-op is comprised of 128 members – both men and women – the majority of whom are small producers, working 3.5-hectare farms at most. Through the use of Fairtrade and Organic premiums Reyna del Cafe is able to provide workshops for their members, improve their milling services, and tap into new international markets. The co-op also has a robust sense of environmental stewardship; Madriz and the surrounding departments are recognized for having high bio-diversity and protected forests.

"Most of the farmers within the co-op are small scale producers, so these are very, very small farms. In fact there's no real large producers," says Shabsove. "These are farmers who take a great deal of pride in growing their crops, and a lot of care goes into what they're doing every single day."

Shabsove says the co-op's connection with Fairtrade has enabled the farmers to vastly improve their operations. "That means developing sustainable practices, and discovering how to grow coffee better, working within their environment, helping them finance projects," he says. "Fairtrade is extremely important to co-ops in countries like Nicaragua, and even more so, as they are predominantly small farmers. Any form of assistance is greatly appreciated by them."

Nicaragua: Sky's the limit

Nicaragua is now considered an emerging coffee-producing nation. It's already earned and attained a level of respect as a country that's becoming increasingly better at growing coffees. Not long ago the up-and-coming countries were the likes of Costa Rica and Honduras. "Now Nicaragua is really dedicating a lot of their time and effort to growing great coffee."

If there was a time when sampling Nicaraguan coffee didn't exactly elicit great excitement among the expert tasters, Shabsove says that's now a distant [and fading] memory. The emergence of quality beans like those from the little Reyna Del Cafe co-op is a perfectly tasteful example. "Nicaraguan was never quite as good as the Costa Ricans, the Guatemalans. But now it's a totally different story.

"What makes me excited about Nicaraguan is that year after year it gets better and better, and every time I drink more and more," says Shabsove. "So each year I'm excited to try the new crop to see how much better it gets."

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Two teens were barred from a flight for wearing leggings, angering online commenters. **World**

‘We need to keep these areas safe’

PORTAGE PLACE

Healing circle follows protests against drug trafficking

Jessica Botelho-Urbanski
Metro | Winnipeg

After two days of protesting drug trafficking outside Portage Place Shopping Centre, Indigenous activists gathered behind the mall Sunday in an effort to heal.

A group of women, who are members of the Urban Warrior Alliance, led the third demonstration, which involved a smudge ceremony, drumming and prayer songs.

Sandy Banman, who participated alongside nearly two dozen concerned community members, said she was asked to buy drugs while helping set up for the event Sunday.

“We know we’re not going to stop the drug trade. It’s probably going to be back as soon as we leave,” Banman said in an interview. “But we just wanted to make a statement that we need to keep these areas safe for the elders and women and children.”

The group marched in a wide loop around the mall and side streets, smudging along the way and pushing strollers with small children inside.

Indigenous women, including Stephanie Rabbit (right), drummed and sang in an attempt to help heal the community surrounding Portage Place Shopping Centre Sunday. JESSICA BOTELHO-URBANSKI/METRO

Organizer Jennifer Spence-Clarke pointed to her 20-month-old daughter Miigwan as a symbol of hope and as one of the reasons why she’s fighting to make downtown safer.

Stephanie Rabbit was visiting Portage Place Sunday when she happened upon the protest and joined in. She said every time she comes by the mall, drug dealers have approached her.

“It hurts my feelings, I don’t like seeing our people like that,” Rabbit said.

“They need guidance and opportunities,” she added. “They need shelter. Most of them are just street people, just trying to survive.”

Banman agreed the majority of dealers in the area are living in poverty and selling drugs out of desperation.

“Somebody who has a lot of money at home is not going to come here and sell 20 or 30 Tylenols to get a (carton) of milk, or a loaf of bread or some noodles to get through the weekend,” Banman said.

“We’re not here to hurt anybody or to say that we’re better than anybody else. We’re here to say that we all suffer and we need to be here for one another as a community.”

> **“We need to be here for one another as a community.**
> Sandy Banman

Area councillor Cindy Gilroy (Daniel McIntyre) was on hand for the demonstration Sunday. She praised the community for trying to combat drug trafficking, a problem police and mall security can’t fight alone, she said.

“I think Portage Place needs our help,” Gilroy told Metro. “I don’t think it’s just up to the security here and the management. I don’t think it’s just up to the police. We have to be involved and do our part.

“That’s what you’re seeing here: a community saying, ‘This is our mall. We want it to be safe.’”

Portage Place opened 30 years ago and was trumpeted by urban planners as a way to revitalize downtown and draw shoppers away from the suburbs. Metro is awaiting comments from the mall’s management about the weekend protests.

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Reunited: 'We're all family now'

SPONSORSHIP

13 refugees make Winnipeg home with help from volunteers

Jessica Botelho-Urbanski
Metro | Winnipeg

Thirteen of Zainab Ali's Syrian family members can finally call Winnipeg home, after 14 months of planning and more than $117,000 fundraised to date.

It's a dream Ali said she never thought would become reality.

"It's such a relief for me now (after) always thinking about them and how they're doing and all that's going on," Ali said during the first group interview for the lucky 13 Sunday. "I'm so thankful."

Ali worried for her displaced relatives living in Lebanon and Turkey, after they fled their war-torn country. But she didn't know how to help them get to Canada.

Thanks to a fluke encounter at the Pizza King restaurant on Osborne Street, her husband, Joseph Chaeban, was introduced to Matthew Lawrence, co-founder of the South Osborne Syrian Refugee Initiative (SOSRI).

The group got started in Oct. 2015 and amassed 200 neighbourhood volunteers, who would help reconnect Ali's family in Winnipeg.

Her brother, sister, cousin and their respective families — which include seven youngsters ages three to 22 — arrived in stages between October and December 2016.

SOSRI continues to raise funds to help the Syrians integrate into the community.

Volunteers rented three homes in the south Osborne area within five- to 10-minute walks from one another and found jobs for the Syrians to start once they've learned enough English.

Through a flurry of emails and Facebook group messages, members find supplies for the refugees — everything from kitchenwares to ice skates— and services, like dentists and hairdressers who speak Arabic.

Then there's the proverbial (or literal) cherry on top: Chaeban plans to reopen the neighbourhood's beloved Banana Boat ice-cream shop this summer, with help from his recently arrived family members.

Although private sponsors are obligated to help refugees get settled in Canada for 12 months after their arrivals, SOSRI fundraising lead Ian Mattey emphasized they won't be cutting ties after the calendar year.

"These families are giving to us, not the other way around," Mattey said. "We may have given them money and time and those sorts of things, but they've given us an opportunity to express our compassion for other human beings."

"We're all family now, so you're stuck with us," Lawrence added, jokingly. Ali's extended family laughs and smiles. They seem pleased with the new family they've chosen — or who chose them in "a leap of faith," as Lawrence described it.

"I think we need to come up with another word other than 'thank you' that has more meaning," Ali said. "Because 'thank you' is not enough."

The South Osborne Syrian Refugee Initiative is holding a benefit concert April 6 at the Park Theatre, with funds raised going to the three Syrian refugee families' resettlement costs.

JD Edwards, Scott Nolan and Shady & Con will perform starting at 8 p.m. and there will be silent auction prizes and Syrian appetizers. Tickets are $25 and are available at the Park Theatre, Music Trader, Churchill Park United Church and online through ticketfly.com.

Zainab Ali (seated at left) managed to bring 13 members of her family to Canada over the last year with sponsorship help from the South Osborne Syrian Refugee Initiative. DAVID LIPNOWSKI/FOR METRO

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Rise in refugees entering Manitoba

IMMIGRATION

Province sees big influx when compared to other regions

Lucy Scholey
Metro | Winnipeg

New federal government statistics highlighting a spike in refugees flowing into Manitoba demonstrate a need to beef up border security, according to an immigration consultant.

Last year, 575 asylum seekers filed claims at the Canadian Border and Services Agency or Immigration, Refugees and Citizenship Canada offices compared to 220 refugees in 2015.

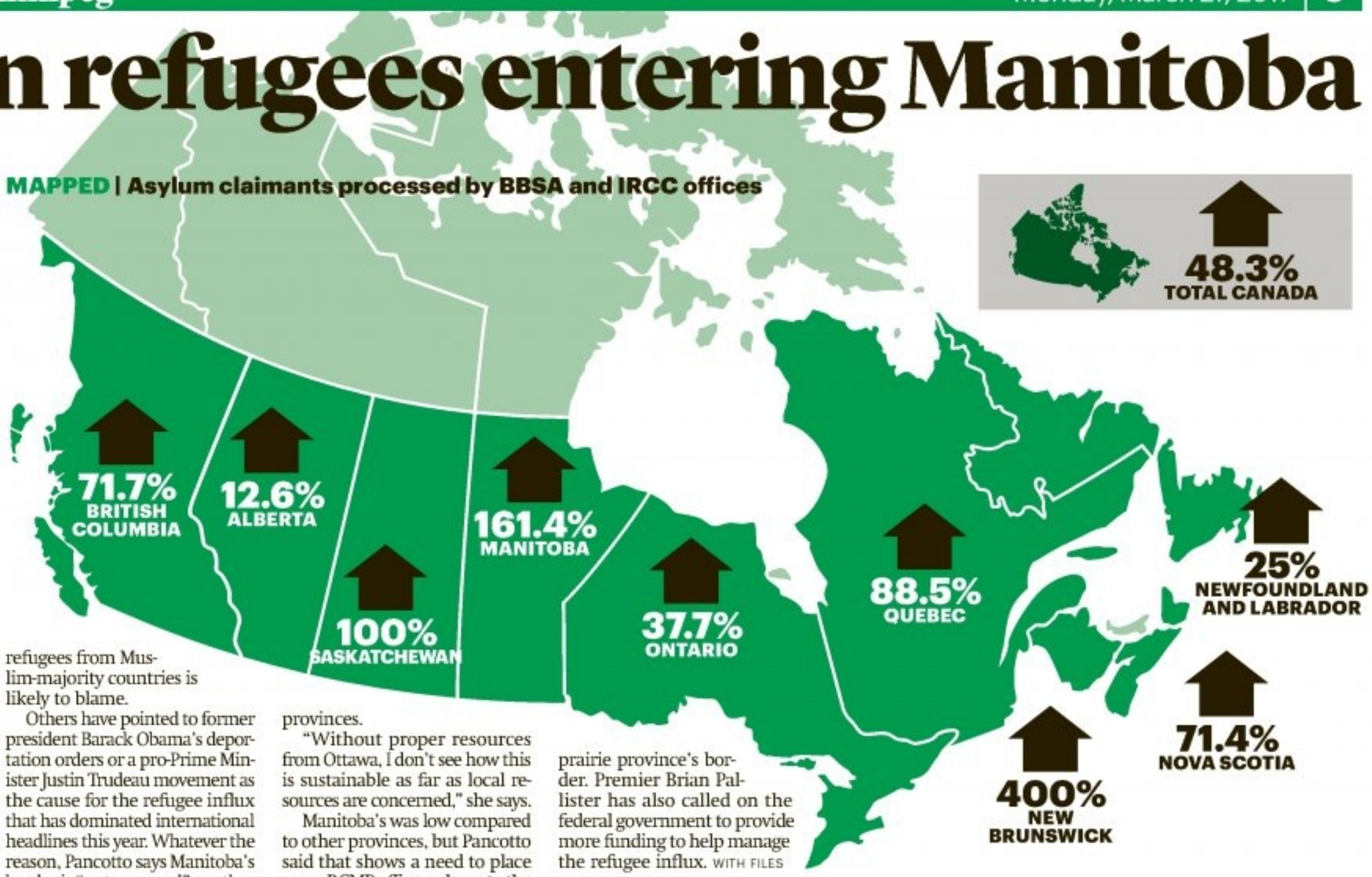
That's a 161 per cent jump, the highest percentage increase of all the provinces. Only New Brunswick saw a higher percentage jump than Manitoba in that timeframe, but its overall pool of refugees is comparatively low (25 filed claims last year, compared to just five in 2015).

Rosanna Pancotto, an immigration consultation with Prairie Sky Immigration, says President Donald Trump's proposed ban on refugees from Muslim-majority countries is likely to blame.

Others have pointed to former president Barack Obama's deportation orders or a pro-Prime Minister Justin Trudeau movement as the cause for the refugee influx that has dominated international headlines this year. Whatever the reason, Pancotto says Manitoba's border is "not as armed" as other provinces.

"Without proper resources from Ottawa, I don't see how this is sustainable as far as local resources are concerned," she says.

Manitoba's was low compared to other provinces, but Pancotto said that shows a need to place more RCMP officers closer to the prairie province's border. Premier Brian Pallister has also called on the federal government to provide more funding to help manage the refugee influx. WITH FILES FROM THE CANADIAN PRESS



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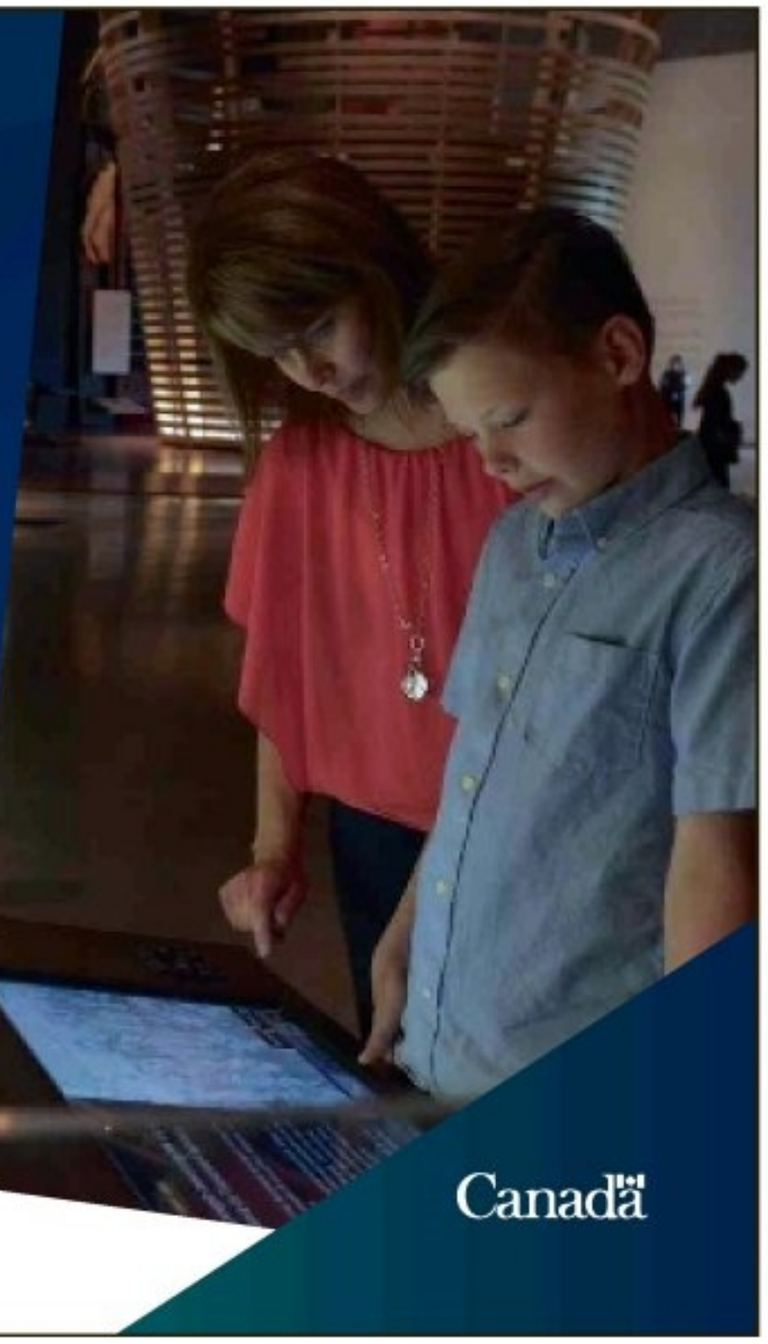

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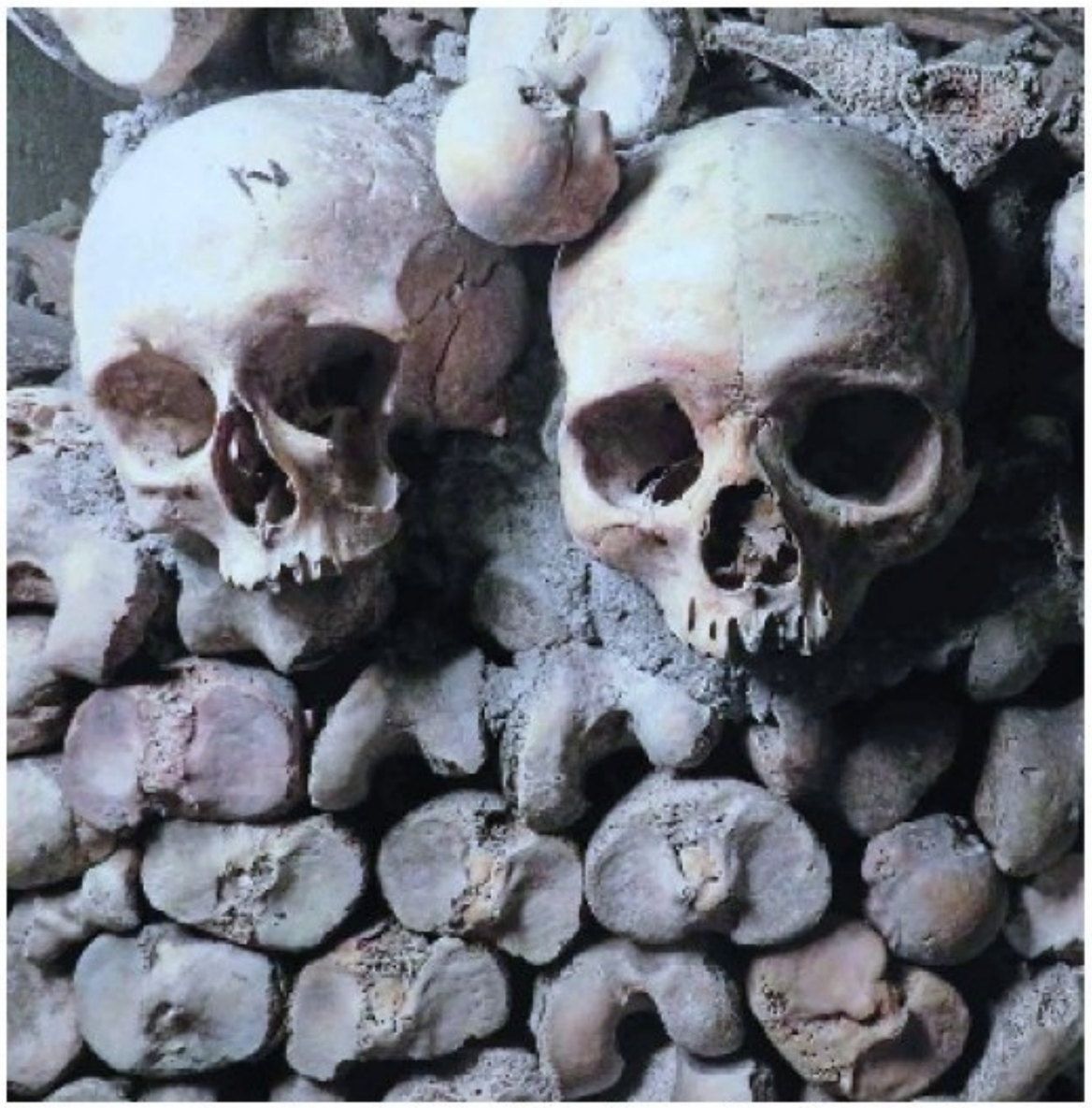

Death remains taboo and new rituals fail to fill the void, according to Shannon VanRaes.
TAMARA HINSON

Funeral rituals in a secular world

OPINION

Providing last rites is unavoidable and not simple

INSIDE THE PERIMETER

Shannon VanRaes

To say religious edifices are not my natural stomping grounds is an understatement.

Sure, I gave the big four faiths a go in my younger years, searching for answers to the questions we all have as ephemeral human beings. I can't say I ever found those answers, but I did find a certain level of comfort with the inevitable.

Along the way I also memorized the Lord's Prayer. At the time it seemed, at least to me, like a quaint relic of a bygone Canada — a few snippets from a different world, one where people gathered in parish halls for tiny sandwiches and gossip before going home to prepare the Sunday roast.

And then my grandmother died.

Suddenly, I was on a flight to Ontario and an actor in a script I'd never read. For many, if not most Canadians, ritual has slipped out of daily life. The secular has replaced the religious, the casual has superseded the formal and family gatherings ditched in favour of Facebook updates.

Perhaps the last call for formal dignity in our world, funeral rites are unavoidable. How to provide that, however, is not simple as the expected rituals so often belong to the generation being laid to rest.

Even in a small community where police salute funeral processions, formalities are yielding to a changing lives. Manitoba's highway traffic act continues to allow funeral processions to have the right-of-way at lights and stop signs — despite a serious accident in 2010 — but many drivers seem unaware of the significance, refusing to pull over out of either respect or pragmatism.

So much of what was once common practice is quietly disappearing, yet death remains taboo and new rituals fail to fill the void. We hand-over what we can to professionals then dig up rituals that aren't our own and fail to inspire genuine belief or comfort.

That's not to say that nothing changes.

Once unthinkable, there was no question my sister and I would serve as pallbearers for my grandmother and while my past brushes with Catholic communion came with stern warnings for divorcees and protestants, a new inclusion brought warm blessings to those not of the faith.

But small changes to fading practices won't build the new rituals this generation and the next will need, it won't replace community we once relied on for comfort and solace.

Spring road conditions affect vehicle maneuverability and safety.

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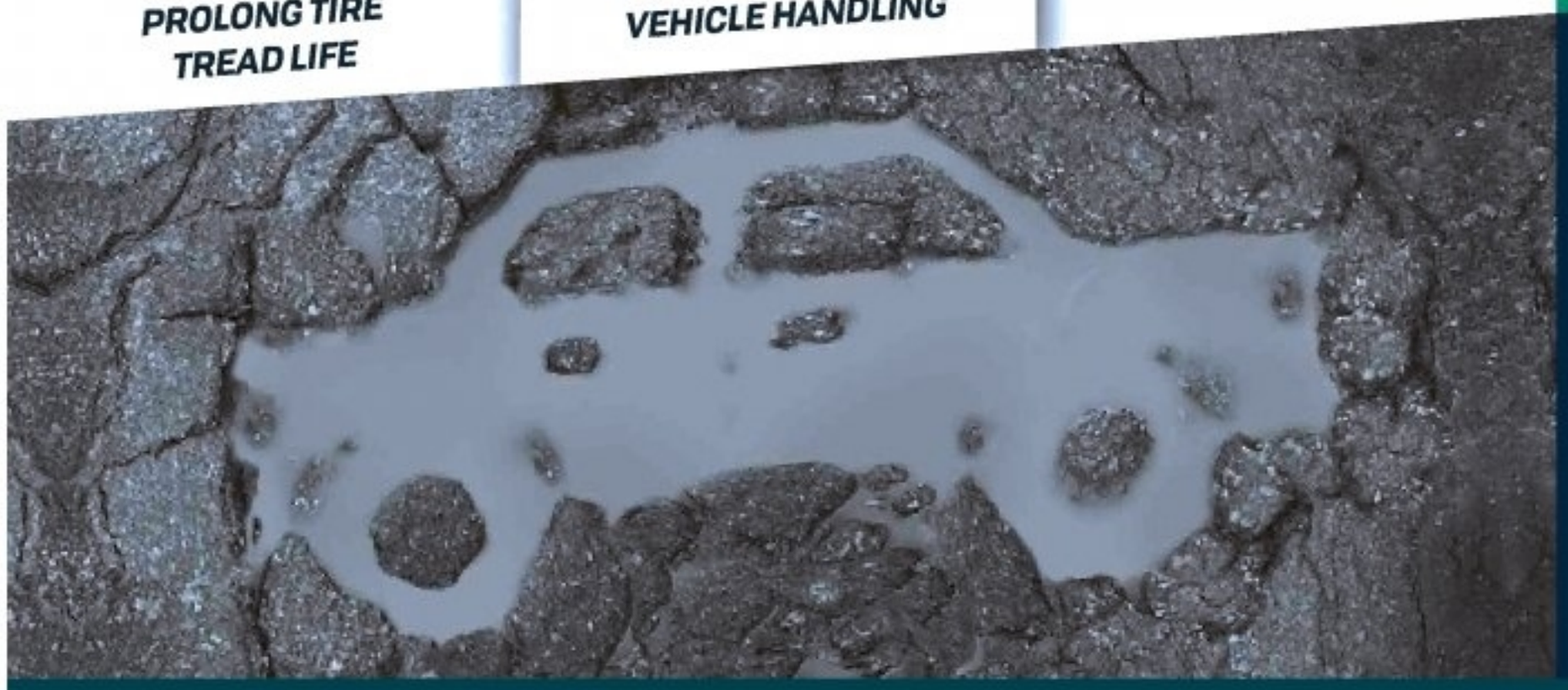

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ENVIRONMENT

Flooding risk remains: Forecasters

Forecasters say the latest data shows southern Manitoba remains at moderate to major risk of spring flooding.

Officials say the danger of flooding is down slightly from last month, but much will depend on the weather in the coming weeks.

Infrastructure Minister Blaine Pedersen says the area of biggest concern is along the Souris River in the southwest.

He says favourable weather has reduced the risk in the Red River basin, which includes Winnipeg.

Pedersen says the chance of Highway 75 from Winnipeg to the U.S. border being closed is low. He notes that the province is ready to activate major flood defences such as the Red River Floodway and the Portage Diversion if the weather turns bad.

Pedersen says the province is working with municipalities to ensure they are ready in the event of major flooding.

"We want to make sure the lines of communication between our government, local municipalities and emergency officials are open and effective," Pedersen said Friday.

He said the province will provide daily flood information to municipalities once runoff starts so communities can fine-tune their flood preparations.

Parts of Manitoba were hit by major floods in 2014 and 2011 that caused extensive damage and forced people from their homes.

Spring flooding has become almost an annual event in Manitoba, where meltwater rushes in from as far away as South Dakota and the Rockies.

In many years, some farmland is underwater briefly while towns and cities remain dry.

THE CANADIAN PRESS

Manitoba MP Niki Ashton speaks during a leadership debate in Montreal. She said many young people supported Liberals in the last federal election on legalization. THE CANADIAN PRESS

Pot pledge a ploy: MPs

DEBATE

NDP leadership hopefuls say Liberals used it to entice votes

The Liberal government's plan to move ahead on marijuana legalization is up in smoke, NDP leadership candidates suggested during Sunday's leadership debate in Montreal while they also addressed a range of issues affecting youth including student debt and precarious work.

B.C. MP Peter Julian, one of four contenders in the race to replace Tom Mulcair as NDP leader, said the federal government has failed to keep its 2015 campaign pledge to legalize and regulate pot for recreational purposes.

For its part, the government says it is working on crafting legislation on marijuana legalization set to be introduced this spring.

"I believe in legalization," Julian said during the NDP's second leadership debate. "I do not believe Justin Trudeau is going to bring in the legalization of marijuana and as proof that ... we are still seeing, particularly young Canadians, being criminalized by simple possession of marijuana."

Many young people opted to support the Liberals in the last election due to this promise, Manitoba MP Niki Ashton said.

The Liberals ran a cynical campaign in 2015, added Ontario MP Charlie Angus, suggesting the Liberals ticked all the right boxes, including on pot, with no intention of pursuing them.

Sunday's debate in Montreal — another instalment in the party's lengthy leadership race — also featured discussion of skyrocketing student debt and the need to address tuition fees.

Young people struggle to purchase homes and participate in the economy, MP Guy Caron said Sunday, noting his proposal for a basic income would help address this issue.

Caron, an economist, has called for a taxable supplement that would help those Canadians whose income levels fall below a standard minimum threshold, determined in part by the size of their family and the city they live in.

University graduates can no longer rely on long-term jobs over the course of their careers, Ashton said, noting Canada faces an "emerging crisis" as a result.

Many young people voted in record numbers in the last federal election for a Liberal message of change, she added, noting millennials have had enough of politics that fail them.

"I look out at a number of young people here today, some of whom I had the chance to hear from about what they are facing in terms of precarious work," she said.

"We are a generation, and I am part of that generation as well, that risks living a life worse off than their parents."

Angus is calling for a reinstatement of a $15 federal minimum wage, adding young Canadians are being forced into precarious work and many earn less than a living wage.

"It is our job in this renewal to reach out to people who feel they have been written off the political map of this nation to give them hope but also certainty that when we form government we are going to do more," he said.

The NDP will name its next leader in October.

THE CANADIAN PRESS

Cows love the moo-nlight

BRITISH COLUMBIA

Cattle stuck inside days try to stay outside all night: Study

Wanyee Li
Metro | Vancouver

Cows that live indoors by day are highly motivated to break curfew and spend the night outside in pasture, according to a University of British Columbia study.

The study, involving 22 dairy cows at UBC's Dairy Education and Research farm in Agassiz, found that they would try as hard or harder to get outside at night as they would to reach their daily meal.

Researchers measured the cows' motivation by asking them to push increasingly heavier gates in order to reach a reward (food or access to pasture).

The cows were willing to push gates that weighed up to 70 kilograms to get outside at night, said UBC land and food systems Prof. Marina von Keyserlingk.

A University of British Columbia study sheds light in cows' nighttime desires. GETTY IMAGES

"The cows vote with their feet," she said. "They will push just as much to access to pasture as they will push to access their fresh feed. This tells us that pasture is really important to them."

Less than 5 per cent of dairy cows in the United States have access to pasture, according to the paper — Dairy cows value access to pasture as much as fresh feed — published in the journal Scientific Reports. The landscape for Canadian dairy farms is similar, said von Keyserlingk.

And while it's still not clear exactly what cows like about pastures, it's probably not food, she said. In fact, the cows that spent the night outside ate the same amount of feed as the cows that had been inside all day.

A team of researchers at UBC's Animal Welfare program plan to find out what cows like about being outdoors.

"Is it the pasture or is it the fact that she wants to be outside? Maybe she wants to lie down in an area where there is no metal," said von Keyserlingk.

But it's also important for people to keep in mind that cows are animals and to not impose human values on them, she said.

For instance, UBC conducted surveys that show members of the public often say cows are most happy when they have access to outdoor spaces 24/7. But that isn't the case, said von Keyserlingk. Her previous studies demonstrate that cows voluntarily stay inside during the day, especially in the summer.

Von Keyserlingk says many dairy farmers are willing to give cows access to pasture but don't know how to stay profitable at the same time. Cows produce less milk if they are roaming during the day.

But a past UBC study shows cows that stay inside days and outside at night don't experience any change in milk production. Von Keyserlingk hopes her line of research helps dairy farmers adapt what they hear from consumers to practices that are beneficial for the cows and the farmers' bottom line.

ONTARIO

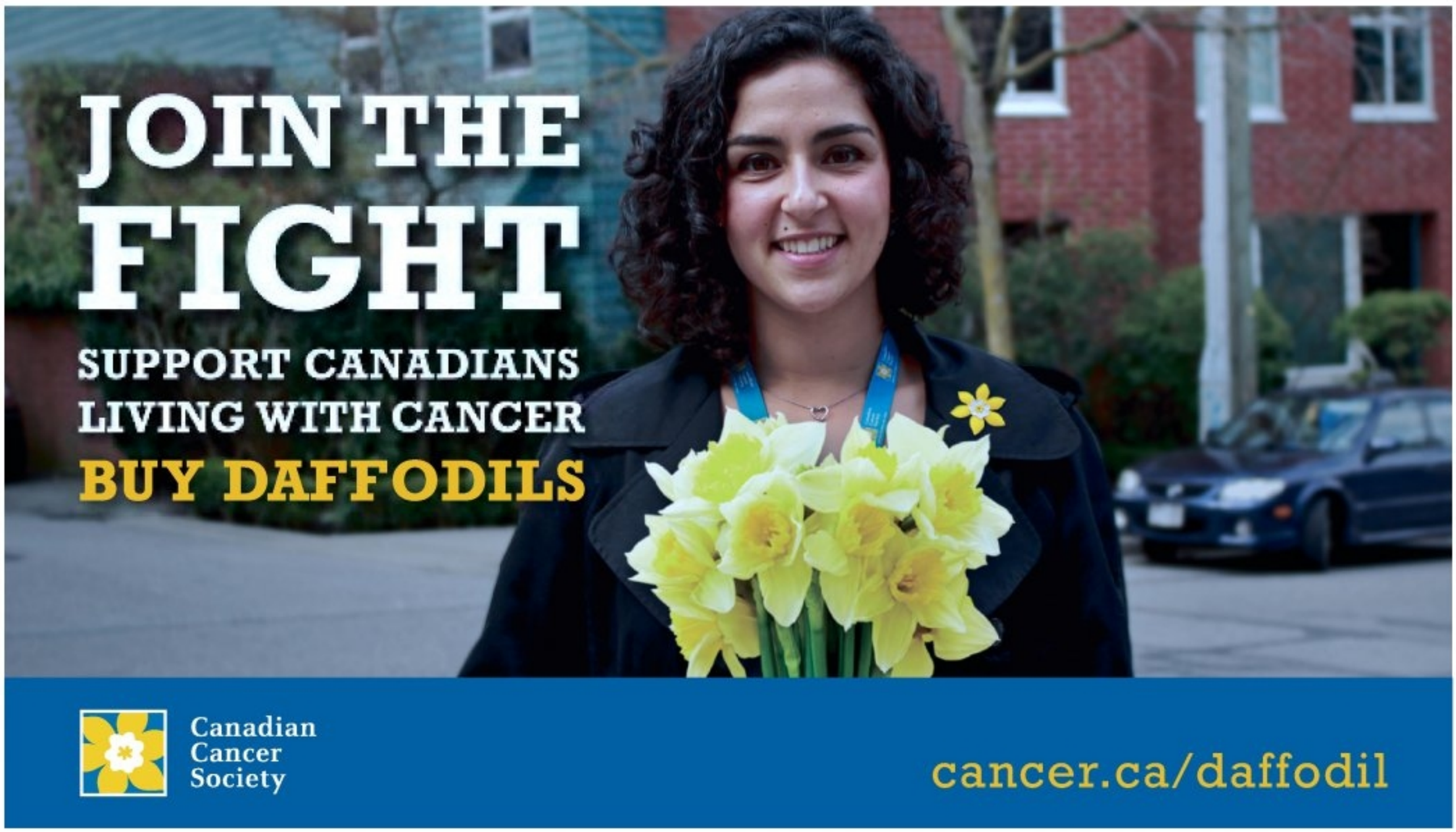
Firearms hurt kids daily now

Firearms injure a child or youth almost daily in Ontario, say researchers, who analyzed hospital records to determine which groups of young people are most at risk for gun-related accidents or violent assault.

Their study, in the Canadian Medical Association Journal, found there were about 355 firearm injuries annually among children and youth, one quarter of which resulted in death.

Canadian-born youth, particularly males, had the highest rates of unintentional firearm injury — 12 per 100,000 people versus seven per 100,000 for immigrant males. But when it came to firearm injuries due to assault, immigrants and refugees were at much higher risk than their non-immigrant counterparts.

Refugee children and youth were 1.4 times more likely to be shot than Canadian-born residents of the same age, while immigrant children and youth from Africa were three times as likely and those from Central America four times as likely to be a victim of a firearm assault, the study found. THE CANADIAN PRESS



Changing perceptions, one design at a time

TORONTO

Student meshes modern design with Islamic culture

Gilbert Ngabo
Metro | Toronto

Shahad Mahdi, the owner of Black Orchid, a clothing and accessories line depicting the modern Muslim woman. EDUARDO LIMA/METRO

Long before megabrands like Nike and Uniqlo launched hijab and abaya lines, Shahad Mahdi knew it was cool to rock Muslim apparel.

But the fourth-year business management student at Ryerson University was always troubled by negative representation of Muslim people, especially with ever-growing Islamophobic views from some politicians and extremist groups.

"When you watch the news that has to do with Muslims and the Middle East, all you see is yelling and violence, and I don't think that's who we really are," she said, noting some people just associate any Muslim with terrorism.

She's out to change that perception, one fashion design at a time.

Black Orchid, a pop culture brand she launched a year ago with the help of Ryerson Fashion Zone, makes and sells clothing and accessories combining modern design and Islamic culture.

Through an online portal, people can purchase different tops as well as pouches, chains and phone cases, all featuring stylish and colourful illustrations of modern Muslim women. She named her brand after a black orchid flower found in the Middle East.

With her images of progressive Muslim women, Mahdi hopes to create a new narrative showing them as strong, creative and capable of being "fashionable and cool." She's received positive feedback, and is thinking of adding more products and expanding.

"All I wanted to do was focus on the positive and show our true colours, show that we can do cute stuff too," she said.

CALGARY

The queen of speed

Autumn Fox
For Metro | Calgary

Kelly Fedorowich wants to be the fastest woman in Canada. AUTUMN FOX/FOR METRO

Calgary's Kelly Fedorowich has a need for speed.

By the end of this year, Fedorowich hopes not only to be the first licensed female competitive top fuel drag racer, but she's also going to become the fastest woman in Canada.

And fast is an understatement.

Fedorowich will be driving a souped up dragster that's fuelled by nitromethane – or 'rocket fuel,' as Fedorowich calls it.

The dragsters can hit top speeds of 530 km/h or more in fewer than four seconds – and just sitting in the vehicle as it clocks that top speed will make her the fastest woman in Canada.

It'll be a slow burn to get there. The fuel is expensive, so they'll be teasing out higher speeds throughout the season.

The dragster, is revved and ready to go though. Fedorowich got into racing through her husband, David, who had been driving in the fast lane since 18.

"Dave came into the relationship with the race car, but my relationship with that car was love at first sight," she laughed.

The family relocated to Calgary in 1994, putting their careers on hold to raise their son.

The itch to get back on the track grew and in 2011, Fedorowich, David and their now-grown son decided it was time to go all-in on a new venture together – Dark Side Racing. As of 2017, Dark Side is the only top fuel racing team in Western Canada, and one of only two teams left in the country.

Fedorowich began her top fuel training in 2016 and took a Zen-like approach to learning to pilot the vehicle, which can hit a G-force rate of seven while running a quarter mile.

Canadian border guards in Surrey, B.C. THE CANADIAN PRESS

Fewer Canadians blocked at U.S. land border

Fewer Canadians are being turned away at the U.S. land border in recent months despite mounting concerns that Donald Trump's immigration policies are making it much harder to cross.

Refusals of Canadians at American land crossings dropped 8.5 per cent between October and the end of February compared with the same five-month period a year earlier, according to U.S. government statistics.

The total number of Canadian travellers denied entry also dropped: 6,875 out of 12,991,027 were refused entry, a refusal rate of 0.05 per cent.

Between October 2015 and February 2016, 7,619 out of 13,173,100 Canadian travellers were denied entry to the U.S., a refusal rate of 0.06 per cent.

The figures, confirmed by U.S. Customs and Border Protection, contrast with recent anecdotal reports of Canadians denied entry into the U.S., with many placing the blame on the policies of the Trump administration, including its controversial attempts to ban arrivals from several predominantly Muslim countries.

A further breakdown of the border data shows a sharp drop in Canadian refusals at the U.S. border in the first two months of this year as 2,600 Canadian travellers were denied entry, compared with 3,500 for the same two-month period of 2016.

But Canadian immigration and civil liberties advocates caution the numbers don't tell the whole story.

Immigration lawyer Lorne Waldman said he is fielding more calls than ever from people planning a trip to the U.S. and wanting to make sure they have the paperwork they need. The decreased rate of refusal could be just that people are now better prepared than they used to be, and so fewer are being turned away as a result, he said.

"People in Canada used to take it for granted that they could just go to the border … but that's no longer the case," he said.

"The heightened awareness because of all the publicity around immigration has led people to be much more cautious about crossing the border." THE CANADIAN PRESS

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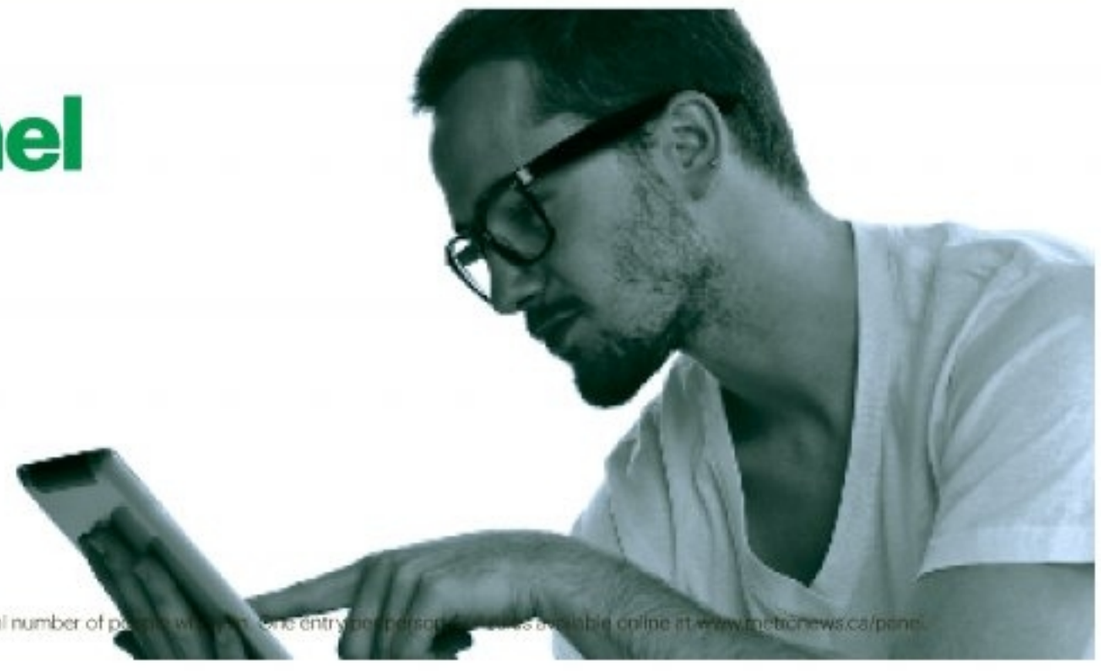

*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of p… entry per person … available online at www.metronews.ca/panel.

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CINCINNATI

1 dead, 15 injured in nightclub gunfight

A gunfight broke out inside a crowded Cincinnati nightclub early Sunday, leaving one man dead and 15 others wounded after a dispute among several patrons escalated into a shootout, authorities said.

No suspects were in custody by late afternoon in the shooting at the Cameo club, which has a history of gun violence, and police said there was no indication of any terrorism link.

Cincinnati Police Chief Eliot Isaac said one of the wounded was in "extremely critical condition," while a hospital spokeswoman said two victims were listed in critical condition.

Police began receiving calls at 1:30 a.m. about gunshots at the club near the Ohio River east of downtown Cincinnati. Isaac said some 200 people were inside the club, one of the few hip-hop venues in the city, for music and dancing.

Isaac identified the dead man as 27-year-old O'Bryan Spikes, but provided no other details. He said 15 others were injured, with some already treated and released from hospitals. THE ASSOCIATED PRESS

CALIFORNIA

Arrests made after scuffle at Trump rally

A scuffle broke out on a Southern California beach where supporters of President Donald Trump were marching when counter-protesters doused organizers with pepper spray, authorities said Saturday.

The violence erupted when the march of about 2,000 people at Bolsa Chica State Beach reached a group of about 30 counter-protesters, some of whom began spraying the irritant, said Capt. Kevin Pearsall of the California State Parks Police. Three people were arrested on suspicion of illegal use of pepper spray and a fourth person was arrested on suspicion of assault and battery, he said.

Two people suffered minor injuries that didn't require medical attention, Pearsall said.

An anti-Trump protester who allegedly used the eye irritant was kicked and punched in the sand by a group of Trump supporters, according to a report in the LA Times.

Counter-protesters said before the march began that they planned to try to stop the march's progress with a "human wall."

Supporters of Trump scuffle with counter-protesters during a rally on, March 25, in Huntington Beach, Calif. THE ASSOCIATED PRESS

Earlier this month, a rally in Berkeley, California, in support of Trump turned violent, and his supporters clashed with counter-protesters in several fights that led to the arrest of 10 people and left at least seven people injured. THE ASSOCIATED PRESS

Police officers are seen with floral tributes to the victims of the March 22 terror attack in front of the Elizabeth Tower, more commonly referred to as 'Big Ben' in central London on Sunday. GETTY IMAGES

Attacker's encrypted message can't be read

LONDON TERROR

Controversy swirls over WhatsApp service

Westminster Bridge attacker Khalid Masood sent a WhatsApp message that cannot be accessed because it was encrypted by the popular messaging service, a top British security official said Sunday.

British press reports suggest Masood used the messaging service owned by Facebook just minutes before the Wednesday rampage that left three pedestrians and one police officer dead and dozens more wounded.

As controversy swirled over the encrypted messages, police made another arrest in Birmingham, England, where Masood had lived. The 30-year-old is one of two men now in custody over possible links to the attack. Neither has been charged or publicly named.

Masood was shot dead on the grounds of Parliament.

Home Secretary Amber Rudd used appearances on BBC and Sky News to urge WhatsApp and other encrypted services to make their platforms accessible to intelligence services and police trying to carrying out lawful eavesdropping.

Rudd did not provide any details about Masood's use of WhatsApp, saying only "this terrorist sent a WhatsApp message and it can't be accessed."

But her call for a "back door" system to allow authorities to retrieve information is likely to meet resistance from the tech industry, which has faced previous law enforcement demands for access to data after major attacks.

In the United States, Apple fought the FBI's request for the passcodes needed to unlock an iPhone that had been used by one of the perpetrators in the 2015 extremist attack in San Bernardino, California.

The FBI initially claimed it could obtain the data only with Apple's help, but ultimately found another way to hack into the locked phone.

Masood drove a rented SUV into pedestrians on Westminster Bridge before smashing it into Parliament's gates and rushing onto the grounds, where he fatally stabbed a policeman and was shot by other officers. A detailed police reconstruction has found the entire attack lasted 82 seconds.

Police are trying to pinpoint his motive and identify any possible accomplices, making the WhatsApp message a potential clue to his state of mind and his social media contacts.

Rudd said attacks would be easier to prevent if authorities could penetrate encrypted services after obtaining warrants. THE ASSOCIATED PRESS

AFRICA

Aid workers killed in South Sudan

Six aid workers were ambushed and killed in South Sudan, the deadliest attack on humanitarian workers since the East African nation's civil war began in 2013.

The attack took place Saturday on the road from Juba, the capital, to Pibor, where there have been recent reports of fighting, said Eugene Owusu, the top UN humanitarian official in South Sudan in a statement issued Sunday.

"At a time when humanitarian needs have reached unprecedented levels, it is entirely unacceptable that those who are trying to help are being attacked and killed," said Owusu.

The ambush is the latest of several attacks on aid workers in South Sudan, which is one of the largest humanitarian crises in the world. At least 12 aid workers have been killed so far this year and 79 have been killed since civil war began in South Sudan in 2013, said the statement.

Famine has been declared in two counties in South Sudan where 1 million people are on the brink of starvation and there is also a cholera outbreak in parts of the country. But aid organizations responding to both famine and the cholera outbreak have been attacked by armed forces, according to the UN. The ambush came the day that South Sudan's government declared a unilateral cease-fire and granted amnesty to armed groups who renounce violence.

South Sudan's government agreed to issue the ceasefire in response to pressure from East African countries during a regional summit in Nairobi.

The ceasefire and amnesty was immediately rejected by Mabior Garang, a spokesman for the opposition SPLM-IO party, who called it "silly" and a "non-starter." THE ASSOCIATED PRESS

TRAVEL

Airline faces backlash over leggings

Two teenage girls were barred from boarding a United Airlines flight from Denver to Minneapolis on Sunday because they were wearing leggings, according to a spokesman for the airline.

The girls were not allowed onto the morning flight because they were travelling under an employee travel pass that includes a dress code, United spokesman Jonathan Guerin said.

The dress code bars pass travellers from wearing spandex or Lycra pants such as leggings. The teenagers agreed to change their clothing and take a later flight, Guerin said, but the airline's actions sparked a backlash online.

> **We would ask the same of pass riders who were wearing flip-flops.**
> Jonathan Guerin

Activist Shannon Watts of Denver tweeted that she witnessed Sunday's events and questioned United's decision to police women's clothing.

Watts said the girl's father was allowed to board while wearing shorts and called the airline's policy sexist.

Regularly ticketed passengers are not subject to the same dress code and can wear leggings, Guerin said. But the airline was standing by its policy for pass travellers because they are essentially representing the company, he said.

"We would ask the same of pass riders who were wearing flip-flops or who were wearing clothing that revealed their undergarments or torn, tattered jeans," Guerin said. THE ASSOCIATED PRESS

Planning for the future

FINANCES

Expert says to consult family early before you retire

There's the retirement that looks like the commercials: biking, travel, enjoying the family.

And then there's the one where you can't get up the stairs anymore.

Most of us happily plan for the first, when our health is good and energy high. The second can be hard to contemplate, when health falters and medical crises can change lives.

Certified financial planner Dana Anspach of Scottsdale, Arizona, doesn't want clients to prematurely give up their homes or make other moves that may not suit them. One couple she advised moved into a continuing care community in their 80s and moved back out again a year later because they couldn't entertain or decorate the way they wanted. Anspach also has heard horror stories of elders who stayed too long in unsafe conditions until they had health crises.

Experts warn clients planning for their futures to not leverage home equity for retirement purposes, saying it harm your finances long term. ISTOCK

The key, planners say, is to start thinking and talking about how you want to cope when your health begins to fail.

"You have so many more options if you plan earlier and set up the trajectory of where you're wanting to go," says Danielle Howard, a CFP in Basalt, Colorado.

Howard starts with the somewhat easier decisions, such as whom the clients want to make medical and financial decisions should they become incapacitated. Then the discussion moves to the harder topics — imagining life when they can't navigate stairs or drive or handle daily activities such as cooking, cleaning, dressing or bathing themselves.

> **You have so many more options if you plan earlier.**
> Danielle Howard

Anspach advises clients who don't have long-term care insurance or family members willing to provide care to save their home equity for expenses, rather than using it to boost their retirement income.

If parents expect children to help, Anspach says, they need to make sure the kids are on board and that those kids' lives are stable enough to provide care if the parents move closer.

"You don't want to move across the country and have them get transferred somewhere else," Anspach says.

THE ASSOCIATED PRESS

IRAN

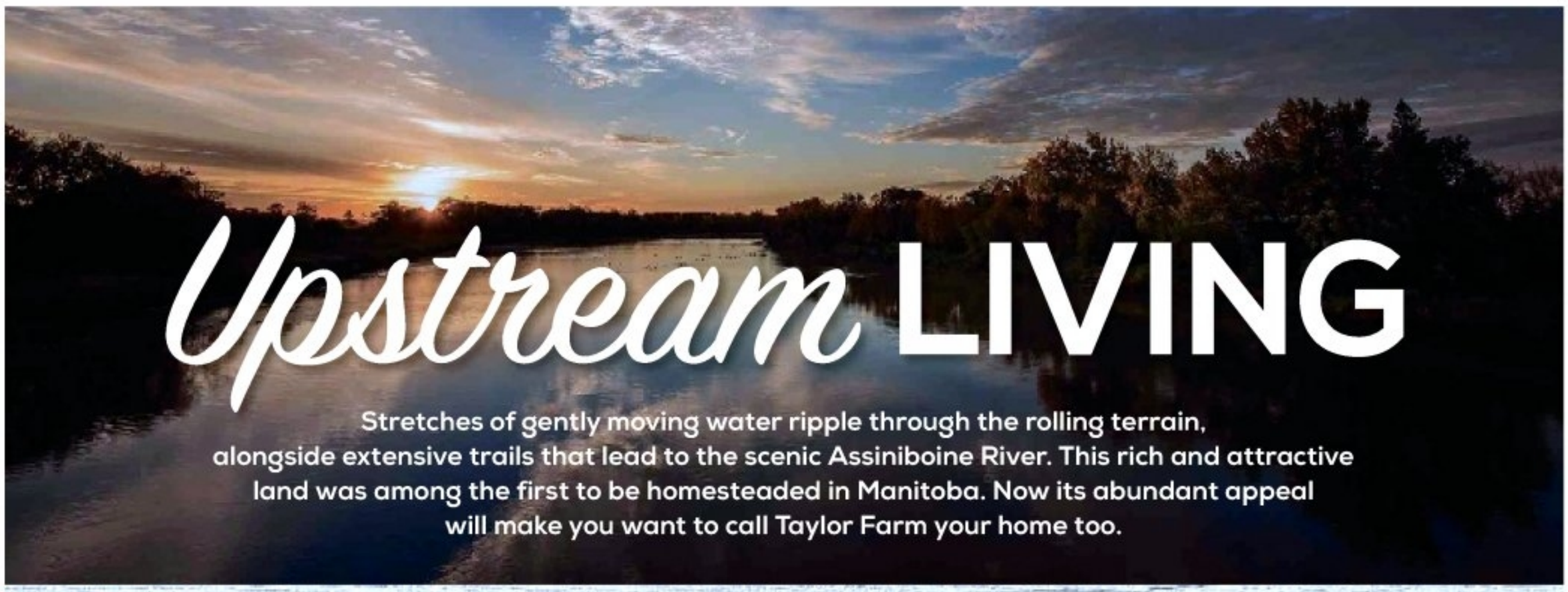
American businesses sanctioned

Iran on Sunday sanctioned what it described as 15 American companies, alleging they support terrorism, repression and Israel's occupation of land Palestinians want for a future state, likely in retaliation for sanctions earlier announced by the U.S.

The wide-ranging list from an American real estate company to a major arms manufacturer appeared more symbolic than anything else as the firms weren't immediately known to be doing business in Iran.

A Foreign Ministry statement carried by the state-run IRNA news agency said the sanctions barred companies from any agreements with Iranian firms and that any of the company's assets in Iran could be seized.

"The sanctioned companies have, directly and/or indirectly, been involved in the brutal atrocities committed by the Zionist regime in the occupied Palestinian territories, or they have supported the regime's terrorist activities and Israel's development of Zionist settlements on the Palestinian soil," the IRNA report said. THE ASSOCIATED PRESS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metro VIEWS

FOCUS ON FAMINE

DAY 1: CANADA'S ROLE

VICKY MOCHAMA

CANADA MUST LEAD THE FIGHT

Twenty million people are on the brink of starvation. The UN is asking for $4.4 billion by July to avert a global catastrophe. While Canada's donated millions, it's not nearly enough.

It is the disaster we don't want to talk about.

Twenty million people are on the brink of starvation. The United Nations and its various agencies — the World Food Programme and the United Nations Secretariat, to name two — have sounded the alarm. This is the largest humanitarian crisis since the creation of the United Nations in 1945.

In an interview with Metro in January, Joanne Liu, president of the global aid organization Médecins Sans Frontières (Doctors Without Borders), told a story about visiting famine-ravaged northern Nigeria. Liu sensed something off in one community and then realized, sickeningly, that there were hardly any children under five still living.

By inaction and indifference, we are losing whole generations. The people who survive this moment will have little reason to believe in "Never again," a promise made often by the international community after the Rwandan genocide in 1994.

To staunch mass catastrophe in South Sudan, Somalia, Nigeria and Yemen, the international community needs to come up with $4.4 billion by July. They've pledged only a small fraction.

Canada has pledged nearly $120 million, less than three per cent of the total request. Had Canada followed through on its vow from the Millennium Development Goals to adopt an aid target of 0.7 percent of its gross national income, we would be giving more than $10 billion globally. More than enough to solve this crisis, and then some.

In 2015, Trudeau told delegates at a climate summit in Paris that "Canada is back." In 2017, why not lead Canada and the world in feeding a starving and desperate population?

The UN's request could be filled within minutes by the wealthiest governments in the world, including Canada. At the highest levels of power, the political will simply isn't there to make the moral choice. The UN's emergency relief co-ordinator Stephen O'Brien says, "Allowing famine to unfold is a choice; we must make the choice to stop it."

When the decision is made to step up, it will be too late for too many. In 2011, by the time a famine had officially been declared in Somalia, tens of thousands had already died. For many families and communities today, the disaster has already struck.

Governments are slowly stepping up, but rather than waiting, citizens are already doing their part.

A group of five American friends set up a GoFundMe page called the Love Army for Somalia and asked Turkish Airlines to be their flight partner. In less than a week, more than 80,000 people donated $2.2 million. The campaign is funnelling the money to NGOs in Somalia to buy local food, rather than crash the market with foreign goods. As for the plane, they are using it to fly in specialized food for undernourished babies.

Theirs may be a dramatic example, but it is not the only effort. Somalis, Yemenis, Nigerians and Sudanese people in Canada have been doing their best to support family, friends and communities, but they can't do it alone.

Canadians often claim a particular kindness and generosity, yet all too often that spirit seems to disappear when the needy are black and African. It is made complicated when they are Arab. But there are black, African and Arab Canadians too. Their communities are ours too.

It is their cultures that enrich this country; their children who will help lead it. We must support their efforts.

Twenty million people need to eat. How will we serve them?

NIGERIA A malnourished child receives heath care at a feeding centre run by Doctors Without Borders in Maiduguri. SUNDAY ALAMBA/THE ASSOCIATED PRESS

SOMALIA Sacdiyo Mohamed, nine months old, is treated at a hospital after her mother Halima Hassan Mohamed fled the drought in southern Somalia for Mogadishu. MOHAMED SHEIKH NOR/THE ASSOCIATED PRESS

YEMEN A boy receives treatment at a feeding centre in the capital Sanaa. The conflict in Yemen has worsened food insecurity in the country, which was already considered one of the poorest in the world. GETTY IMAGES

SOUTH SUDAN Ayei Wier saw the signs of famine back in 2015 when she watched her baby Malou suffer from hunger. WORLD VISION CANADA/CNW GROUP

BY THE NUMBERS

20 million

People facing famine in South Sudan, Somalia, Nigeria and Yemen. That's more than half the population of Canada.

1.4 million

Number of children facing death from severe malnutrition

$4.4 billion

Amount needed by July to prevent tragedy

$119 million

Amount pledged by Canada for the crisis. Canada donated $100 million for humanitarian assistance in the four countries last year

SOURCE: UNITED NATIONS WORLD FOOD PROGRAM

HOW YOU CAN HELP

- **Doctors Without Borders:** The charity has projects in the countries affected by famine, providing medical and humanitarian assistance. You can donate via msf.ca
- **Save The Children:** The charity operates children support programs in the four countries affected. You can donate to them through savethechildren.ca
- **CARE Canada:** The organization runs poverty-reduction efforts in Somalia, Yemen and South Sudan. You can donate through their website care.ca
- **OXFAM Canada:** The charity provides emergency and long-term assistance to people in countries affected by the ongoing famine. You can donate at oxfam.ca

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High-intensity interval training slows down the aging process, new study says

Copeland shares dancers' wisdom

BOOKS

Ballerina writes about discipline, body acceptance

Misty Copeland is not only one of the most famous ballerinas in the world — and the first black female principal dancer at American Ballet Theatre — but she has crossed over into mainstream pop culture fame like no other.

Her bestselling book, Life in Motion, was a memoir, but in her new book she seeks to impart some of the wisdom that helped her along the way. She includes detailed exercises — classic ballet moves, starting on the floor — and also meal plans and favourite recipes.

On a recent morning, Copeland sat down for an interview. Her remarks were edited for length and clarity.

WHY THE NEW BOOK?

"Every woman struggles with their body at some point, especially as a dancer. (Also) I've been approached about what I eat, what other forms of exercise I do outside of class. How do I mentally and emotionally stay strong in a field like this? So I felt like I needed to write about this ... also just debunking these awful stereotypes attributed to ballerinas, having eating disorders and not really being athletes. We work just as hard as athletes, if not harder, because we are also actresses and actors onstage. We're not competing to win, but we're competing to be ourselves, our best selves. Everyone can benefit from that kind of structure in their lives."

ON BODY IMAGE

"I never felt beautiful. In school I was really short and really thin and I had really big feet and this tiny little head, and long arms and really big hands, and felt like, this isn't what society views as beautiful. And it wasn't until I stepped into ballet class that it was like, 'Wow, you have the perfect balance and physique for ballet.' And so I became used to that. And then I went through puberty and my body changed. It's not talked about really openly, but every dancer goes through ups and downs in terms of being out of shape. We need to treat our bodies like an instrument, and that's a huge part of it, just finding a balance and not depriving yourself.

ON THE RIGHT MINDSET

"I think it's important to feel comfortable with who you are, no matter where you're starting from. The mental discipline is so much a part of it, feeling strong, feeling in control. And just focusing on the journey and feeling good about yourself. I want this book to be for everyone... for someone who has never taken a dance class, for the mom or the college student."

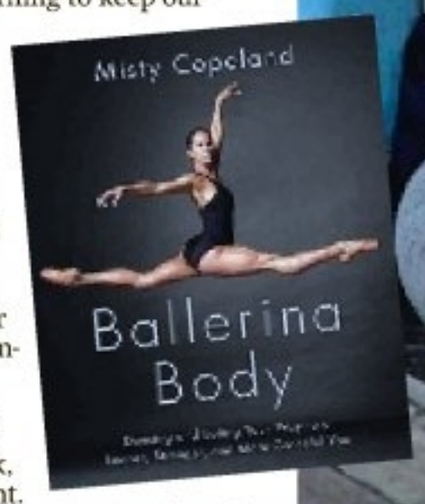
COMING TO TERMS WITH FOOD

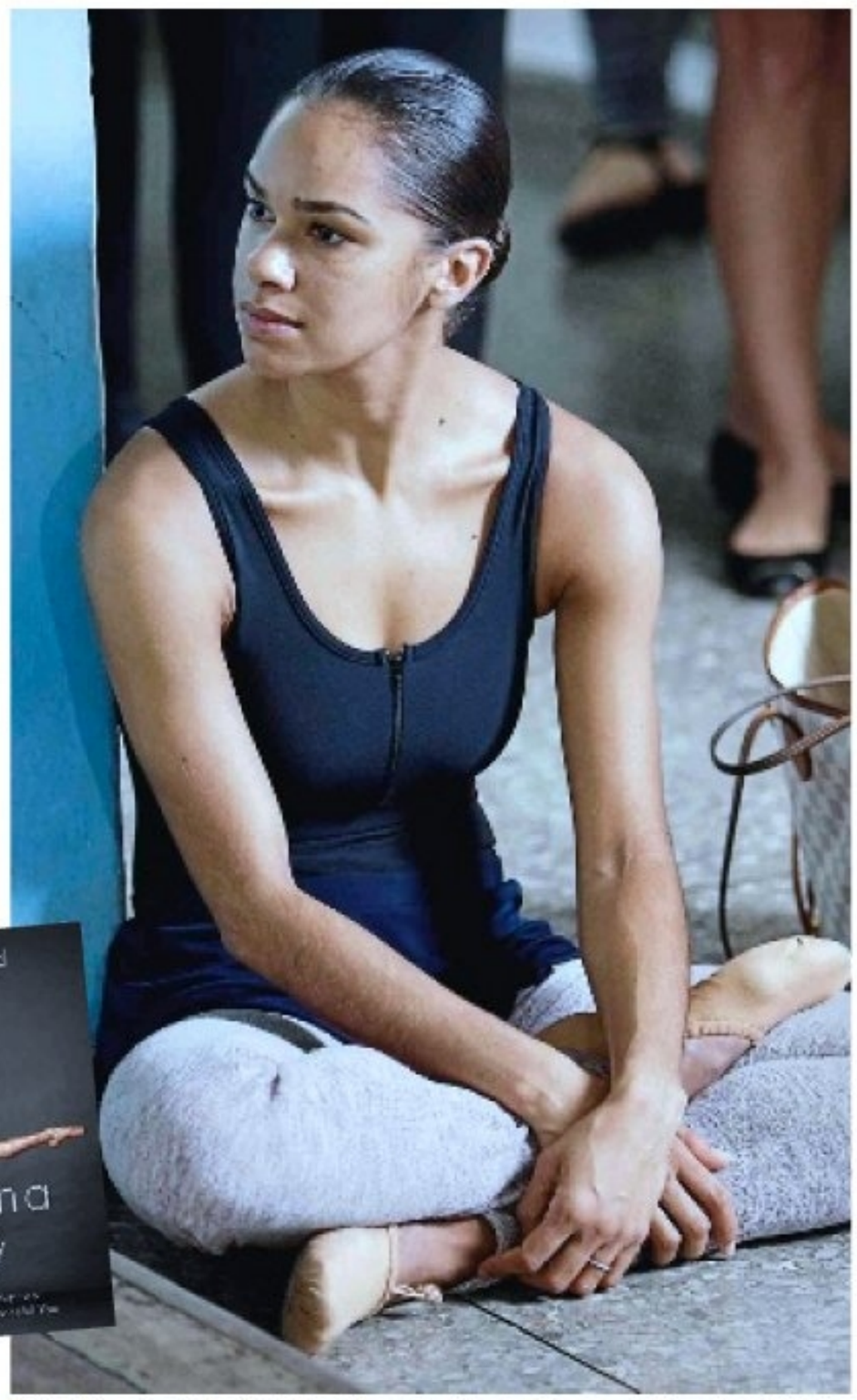
"We all have a difficult relationship with food. Especially in America where we have so much access to quantity. We were on food stamps for most of my childhood, so we were finding food to eat to survive, it wasn't about the best and healthiest food. So when I became a dancer, I pretty much was eating whatever I wanted. Once my body changed, that's when I really started to evaluate what I was putting into my body. I cut out meat six or seven years ago."

WHAT'S A BALLERINA'S TYPICAL DAY?

"We're in class at 10:15. An hour and a half every morning. Even if we're not in rehearsals, we still take class every morning to keep our instrument fine-tuned. Rehearsals start at noon. We usually go straight through from noon to 7. And that's during rehearsal period. During our biggest performance period, spring season, we're working six days a week, until 11 at night. It's a lot; people don't really realize it when they just see this beautiful product onstage.

THE ASSOCIATED PRESS





Misty Copeland, the first black female principal dancer at American Ballet Theatre, has crossed over into mainstream pop culture fame.

ERNESTO MASTRASCUSA/AFP/GETTY IMAGES

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Spending viruses turn into diseases

DEBT

Buy-now-pay-later bacteria gobble up good intentions

Gail Vaz-Oxlade
For Metro Canada

It's easy to catch a cold and it's tiresome when that cold then turns into something more serious like a sinus infection or even pneumonia.

But just as a little thing can become a big thing when it comes to our health, so too can small debt infections become full-blown diseases, rotting your resolve and ruining your plans for the future.

It may be no big deal to carry a $200 balance on your credit card when the option is to leave your car in the shop because you don't have the money to pay for repairs. If you don't spend another penny until that $200 balance is gone, you've applied the right medicine to a short case of the debt-flu.

But if you let that $200 balance spread to $350, $500, $775, you'll soon find spending viruses and buy-now-pay-later bacteria of all kinds clamouring to gobble up your good intentions.

In no time at all you'll have a full-blown case of debt misery, and it'll take nothing short of surgery to get yourself financially healthy again.

> **Remove the temptation to spend by eliminating the plastic until the account is back in the black**

It is so easy to let the infection spread. A sneeze here: Oh, look, that pretty dress is on sale. A cough there: I've got most of the vacation money socked away, I'll just put the rest on my card and pay it off when I get back.

The next thing you know you've hit your limit and your oh-so-kind credit card company has given you another $1,200 worth of room. Nothing short of an amputation is going to fix the problem.

Like a little sneeze, it is so easy to let debt infection spread until you have a full-blown case of debt misery. ISTOCK

No, I'm not suggesting you cut off your fingers! But how about cutting up your cards? You don't have to cancel your accounts, just remove the temptation to spend by eliminating the plastic until the account is back in the black. Then you can order a replacement card and go back to using your credit cards as a convenience, as opposed to being held hostage to high interest rates and all kinds of stupid fees.

What if you never seem to be able to say no when the consumer bug bites? Then don't take your cards with you unless you're shopping with a list for specific items.

Before you head out, write the amount you plan to spend (because you have the money in the bank to pay off the balance) on a piece of paper and wrap it around your card. As you shop, deduct what you're spending from the amount you wrote. You'll know exactly how much you have left to spend.

When you get home, don't wait for the bill. Go online and pay off your day's charges.

There are times when credit is useful. There are even times when you can't see how to get from here to there without racking up some debt. That's the cold.

Let that debt fester, let it continue to grow, and you'll find yourself dog-sick and in need of some major medical intervention to cure your debt malaise.

For more money advice, visit Gail's website at gailvazoxlade.com

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Startup incubators take studies out of classroom

UNIVERSITIES

Programs offer hands-on learning, mentorship

Megan Haynes
For Metro Canada

In two years, Matthew Watkinson turned his idea of selling tiny wheels for miniature skateboards into a business pulling in nearly six-figures per year. CONTRIBUTED

Everyone told Matthew Watkinson that his business idea was crazy. What sort of money would there be in selling tiny wheels for miniature skateboards you operate with your fingers?

But the then-28-year-old Brantford, Ont. native was at the end of his rope: Without a high school diploma, his options were limited. Out of work, he was living with his parents and was looking for something — anything — to help him get out of debt. He went to the local business centre to see if his idea of supplying the fingerboard community with mini wheels was viable. It was, they said. To help him develop the idea further, the business centre pointed him to an entrepreneurship incubation program at Wilfrid Laurier.

At LaunchPad, he spoke with potential clients and suppliers about the potential of his idea. He also worked with a mentor and other early-stage startups. At the end of eight months, he launched his first business, Joycult, selling mini wheels online.

Two years later, his business is pulling in shy of six-figures per year. And at 30, he's purchased his first home.

Universities across the country have launched startup incubation programs as they seek to diversify learning out of the classroom. Most programs target current and former students, alumni and sometimes locals in the community, offering hands-on learning, mentorship, resources and even financial support.

> **There's so much intellectual property and ideas and untapped potential**
> Barry Yates, University of British Columbia

At Wilfrid Laurier, LaunchPad originated as a way for students to receive course credit, says Tom Ebeyer, co-ordinator of incubation and new ventures at the university. Demand was high and in 2014, it transitioned into a standalone program for students and members of the community.

Seventy-five people filter through the program each year, and ideas span tech, like new apps or hardware, to niche consulting businesses and novel retail ideas. Like Watkinson, students are paired with a mentor, participate in group sessions, conduct interviews that prove their business model has merit. They also develop a business plan.

Universities have been subject to criticism in recent years that programs do little to prepare students for life outside academia. Part of Laurier's goal with LaunchPad is to provide more hands-on, real world experience to address that concern, Ebeyer says.

What's more, entrepreneurship is increasingly attractive to prospective students, says Barry Yates, managing director of Entrepreneurship at the University of British Columbia (e@UBC), an incubation and funding program available for students, faculty and alum at the Vancouver school. Schools with programs targeted at startup-hopefuls provide a differentiator when people are choosing a school, he says.

And while universities have not traditionally participated in the startup culture, he says, that's changing as institutions recognize there's a large untapped opportunity in students' and faculties' research.

"UBC spends $600 million on research annually and has more than 6,000 researchers," he says. "There's so much intellectual property and ideas and untapped potential. Marrying that with entrepreneurs and giving (e@UBC participants) the opportunity to take these ideas and commercialize them is hugely compelling for both the university and community here."

INCUBATORS

Universities capitalizing on startup incubator craze.

- **Halifax:** Dalhousie – ideaHUB
- **Montreal:** McGill – McGill Lean Startup
- **Ottawa:** University of Ottawa – Startup Garage
- **Waterloo:** Wilfrid Laurier – Launchpad
- **Waterloo:** University of Waterloo – Velocity
- **Edmonton:** University of Alberta – TEC Edmonton
- **Vancouver:** University of British Columbia – e@UBC

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YOU CAN DO THIS SECURITY MANAGER

Job touches every part of hotel

Michael Tadros, 28, security and loss prevention manager, Hazelton Hotel, Toronto.

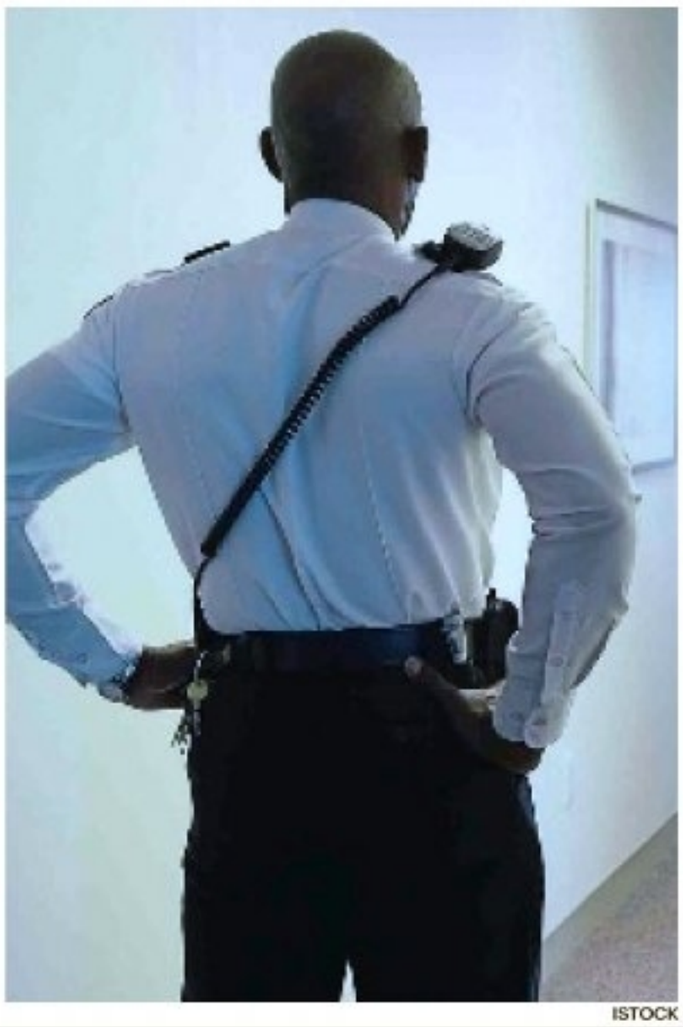
WHY I LIKE MY JOB

Originally the plan was to be a police officer, but that changed once I got into hospitality. I did the Police Foundations program – policing 101 – at college. We learned about community policing, public relations, victim services and did crisis management training. You don't have to go through that program to be a security manager, but there's a benefit because you learn about structural security – like how to monitor doors, etc. It gives you a bit of a head-start. We're also expected to be certified in CPR, first aid and emergency defibrillator as well as be familiar with fire protocol.

At first, I worked for Brinks, the armoured car company, doing logistics. I was naturally drawn to the customer service aspect of hospitality so that's how I ended up in the hotel world. I started at the Shangri La setting up the security system and processes, before moving into my current role.

Day to day, security staff are expected to do patrols, monitor security cameras and respond to hotel staff, guests and residents' emergency requests.

Security is the type of job where you get to interact with every department, every employee. It touches every part of the hotel. Each day, I do something different, and work with different people, which I love.



ISTOCK

THE BASICS: Security Manager

$65,899

Median annual salary for an intermediate-level security manager. Those with advanced training and experience can earn upwards of **$119,000** a year.

+4%

The amount of growth expected in this field over the next eight years.

Data for this feature was provided by nahb.ca, onetonline.org, payscale.com, mcsc.jus.gov.on.ca and guardacademyontario.com

HOW TO START

There are a number of ways to get into the security management field. The Police Foundations programs at colleges like Algonquin or Humber, are common entry points, while some post-secondary institutes, like the University of Calgary or Mohawk College, offer diplomas and certificates specific to security management. Private institutes also offer security guard training. Students can expect to get an introduction to security theory, as well as an overview of the Canadian legal system, health and safety regulations, and use of force regulations. They also receive hands on use-of-force and communication training.

Each province regulates security guards differently, but all require a basic training course offered by private institutions, accredited colleges or accredited online programs, and require applicants to be 18 years old with a clean criminal record. They must also pass a written test in order to be licensed.

WHERE YOU CAN GO

There are opportunities across the country in security management. Private security firms, like Brinks or Garda Security operate in most major cities, while corporations, condos, hotels, malls, hospitals and other institutions often employ their own security details.

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metro SPORTS

Valerie Grenier won the Canadian women's giant slalom title on Sunday on her hometown hill in Mont Tremblant, Que.

Homan rink dominant at world championship

CURLING

Canada wins all 13 of its matches en route to gold

Canada's Rachel Homan knew there would be pressure heading into the final of the 2017 world women's curling championship.

Not only was Homan trying to erase past personal disappointments in her third appearance at the championship, but her Ottawa rink was being counted on to erase Canada's lengthy title drought. The fact that Homan advanced to the final without dropping a match only heightened expectations.

> **No matter who represents us (at Olympic) trials are going to be tough.**
>
> Rachel Homan on the Roar of the Rings Olympic qualifying tournament, Dec. 2-10 in Ottawa

Homan and her teammates — vice-skip Emma Miskew, second Joanne Courtney and lead Lisa Weagle — responded with a textbook 8-3 win over Russia's Anna Sidorova in Sunday's final, giving Canada its first women's world championship in nine years and adding more steam to Homan's momentum heading into this year's Olympic trials.

Scotland's Eve Muirhead captured the bronze medal, beating Sweden 6-4 earlier Sunday.

After an open first end, Canada put the pressure on Russia with two points in the second end and a steal of one in the third before cruising to a comfortable victory.

"We made sure to keep together and obviously there's a lot more pressure in that final," Homan said. "We've lost that one and its tough, and we wanted to make sure we were doing exactly what we were doing all week, because we knew that would lead us to the win.

"Some tough breaks by their team cost them a few points but other than that we had a strong game. I'm really proud of my team."

Homan's undefeated run in Beijing — Canada won all 13 of its matches — came on the heels of her 12-2 run to the Canadian women's title last month in St. Catharines, Ont.

"We've had an incredible second half of the season, and to top it off this way feels amazing," Weagle said.

"It feels amazing for Canada. We haven't won it in quite a while so we're very proud of ourselves and we're so grateful for the support we've received.

"For sure there were butterflies but we get excited when we get nerves like that."

Canada's last championship came in 2008, when Jennifer Jones was victorious in Vernon, B.C. Homan had two previous attempts to break Canada's drought but settled for bronze in 2013 in Riga, Latvia, and silver the next year in Saint John, N.B.

"We've come up short and it never feels good to come up short when you're representing Canada," Homan said. "We really wanted to bring back gold for Canada this time. It's been a bit of a drought and we wanted to make a statement going into the Olympic year."

Sidorova has now lead Russia to four straight medals, though this was the country's first appearance in the final. Russia finished third in the previous three tournaments.

"It's always tough when you lose, especially when it's the final but you know what, it's history for my country," Sidorova said. "It's a pity we didn't play well today ... but it was a great experience for us, especially heading into the Olympic Games." THE CANADIAN PRESS

Lisa Weagle, left, Joanne Courtney, Emma Miskew and Rachel Homan accept the championship trophy after defeating Russia on Sunday in Beijing. ANDY WONG/THE ASSOCIATED PRESS

NHL

Lowry goal lifts Jets over Canucks

Michael Hutchinson made 28 saves and Adam Lowry scored a third-period power-play goal to lift the Winnipeg Jets to a 2-1 win over the Vancouver Canucks Sunday night.

Lowry scored the eventual winner with 8:13 to go in the third period to keep the Jets still mathematically in playoff contention, albeit hanging by a string.

The Jets' tragic number stands at one — with a loss or a St. Louis win the rest of the way closing the door on the post-season.

Mathieu Perreault also scored for Winnipeg (34-35-7).

Alexander Edler had the only goal for Vancouver (30-36-9), while Ryan Miller made 30 saves.

SUNDAY At MTS Centre

JETS	CANUCKS
2	1

Lowry's goal came moments after Hutchinson stopped the Canucks on a short-handed 2-on-1 breakaway and Blake Wheeler led the offensive transition the other way. Perreault wound up with the puck, made a nifty move down low and fed Lowry in the left faceoff circle where he fired a wrist shot over Miller.

Winnipeg, with its third straight victory at home, improved to 19-18-1 at MTS Centre this season. THE CANADIAN PRESS

The Canucks' Chris Tanev retrieves the puck while Blake Wheeler gives chase on Sunday. THE CANADIAN PRESS

GOLF

Johnson caps sweep of WGC tourneys

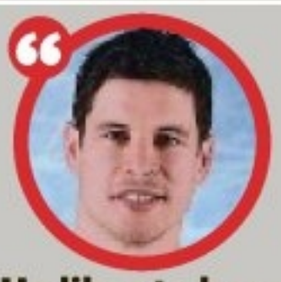
Dustin Johnson reacts after winning the Dell Technologies Match Play on Sunday. DARREN CARROLL/GETTY IMAGES

Dustin Johnson became the first player to sweep the World Golf Championships with a dominant week that included more drama that he needed in the Dell Technologies Match Play.

Johnson escaped a furious charge by Jon Rahm when the 22-year-old Spaniard failed to birdie the 18th hole.

Johnson's 1-up victory capped a week in which he never trailed in any of his seven matches, and he led in 105 of the 112 holes he played. THE ASSOCIATED PRESS

IN BRIEF



> **He likes to hear himself talk.**
>
> Sidney Crosby's response to Sens owner Eugene Melnyk calling him "a whiner beyond belief" after Crosby broke defenceman Marc Methot's finger with a slash Thursday.

NBA

Harden boosts pals in Rockets' victory

James Harden was Houston's fourth-leading scorer on Sunday against Oklahoma City.

However, it was clear to everyone that he was the key to Houston's victory.

Lou Williams scored 31 points off the bench, Harden finished with 22 points and 12 assists, and the Rockets cruised to a 137-125 victory over the Thunder.

"He could've easily gotten 40 points and he could've just kept on going," coach Mike D'Antoni said. "But he knew these guys were going and threw the ball their way. He just plays the game the way it should be played." THE ASSOCIATED PRESS

> **36**
>
> **Thunder guard Russell Westbrook had 39 points, 13 assists and 11 rebounds for his 36th triple-double this season.**

Canuck's F1 debut no Stroll in the park

MOTORSPORT

Teen failed to finish Down Under, Ferrari's Vettel takes win

Lance Stroll almost got to experience the full package on his first weekend in Formula One, hitting speeds exceeding 320 km/h, clipping a wall, being handed a grid penalty and skidding through the gravel. All that was missing was the finish.

The 18-year-old Canadian didn't make it to the finish in his debut for Williams at the season-opening Australian Grand Prix, retiring after an eventful 40 laps around the Albert Park circuit.

"We were running a decent race and the pace was pretty good," Stroll said. "I had a good start, which was risky although I didn't plan on it being quite so risky! Some guys braked quite early in front of me and I managed to gain some places.

"Then we managed to have a surprisingly good race. It was my first race, and first weekend, so there are a few positives to take out of it."

Stroll graduated from development driver to a seat in F1 this season for Williams, which lost Valtteri Bottas to Mercedes.

The son of billionaire investor Lawrence Stroll is mentored by former Ferrari sporting director Luca Baldisserri and won the Formula 3 European championship in 2016.

His first taste of the top level was one he put down to experience, having started at the back of the grid after getting a penalty for needing an unscheduled gearbox change following his crash in practice on Saturday.

"Unfortunately, that incident yesterday cost us a lot of positions in qualifying," said Stroll, whose top speed was among the fastest in the race, "but today I enjoyed myself and so a big thank you to the team."

For now, we're just over the moon.

Sebastian Vettel, below, who gave Ferrari its first F1 Grand Prix win since Vettel's Singapore win in Sept. 2015

Canadian teen Lance Stroll failed to finish his first Formula One race in Melbourne on Sunday. ROBERT CIANFLONE/GETTY IMAGES

His Williams teammate, 35-year-old Brazilian veteran Felipe Massa, finished sixth to earn some points from the opening weekend.

Meanwhile, Sebastian Vettel broke Ferrari's Formula One drought with a victory over Mercedes pair Lewis Hamilton and Valtteri Bottas in the season opener.

Ferrari hadn't won an F1 GP since Vettel's victory in Singapore in 2015, while Mercedes dominated in 2016.

"It's a long, long way ahead. For now, we're just over the moon," four-time world champion Vettel said. "It's been a hard winter, and an incredible race today. We're here, we're here to fight."

With new regulations designed to make the cars faster this season, Vettel proved Ferrari's extra pace in preseason testing was genuine.

THE ASSOCIATED PRESS

NCAA TOURNAMENT

North Carolina celebrate Maye Day

SUNDAY In Memphis

UNC	KENTUCKY
75	73

Luke Maye hit a jumper with 0.3 seconds left, and top-seeded North Carolina held off Kentucky 75-73 to earn the Tar Heels' second straight trip to the Final Four and 20th all-time in Sunday's showdown of college basketball's elite in the South Regional.

The Tar Heels (31-7) will play Midwest champ Oregon on Saturday in Glendale, Ariz., in the national semifinal.

North Carolina took control with a 12-0 run within the final five minutes. Kentucky's freshmen De'Aaron Fox and Malik Monk hit three quick threes, the last two by Monk and his second with 7.2 seconds left tied it up at 73.

Theo Pinson brought the ball down, passed back to Maye. The sophomore knocked it down for the win with his feet on the three-point line.

The Wildcats had one last chance, but Derek Willis's inbound pass went out of bounds on the far end.

Kentucky (32-6) will miss out on the Final Four for the second straight year. Earlier Sunday in New York, South Carolina earned its first trip to the Final Four with a 77-70 victory over Florida.

South Carolina will face Gonzaga on Saturday.

THE ASSOCIATED PRESS

MOTORSPORTS IN BRIEF

Accident kills driver Steele

Sprint car veteran David Steele died during a race in Florida. Desoto Speedway officials said in a Facebook post on Saturday night that track owners and staff were saddened by the crash. The statement says Steele was trying to win his 100th race in Florida.

A Manatee County Sheriff's Office report said Steele's vehicle's left front wheel struck the right rear wheel of another car, causing Steele's vehicle to spin in the air and hit a retaining wall.

THE ASSOCIATED PRESS

Larson first in Fontana

Kyle Larson was second to nobody in his home state.

Larson persevered through four late restarts to win at Fontana, Calif., on Sunday, adding his second career win to his overall Monster Energy NASCAR Cup series points lead.

Larson finished second in each of the last three races, but the Sacramento-area native's Chip Ganassi Racing Chevrolet was the class of the field at Auto Club Speedway for the second straight day.

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MAKE IT TODAY

Vitamin-packed Maya's Morning Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Named after our photographer who needs a health jolt to deal with us on set, this smoothie only requires three ingredients but helps you max out on vitamins A and C.

Ready in 2 minutes
Serves 1

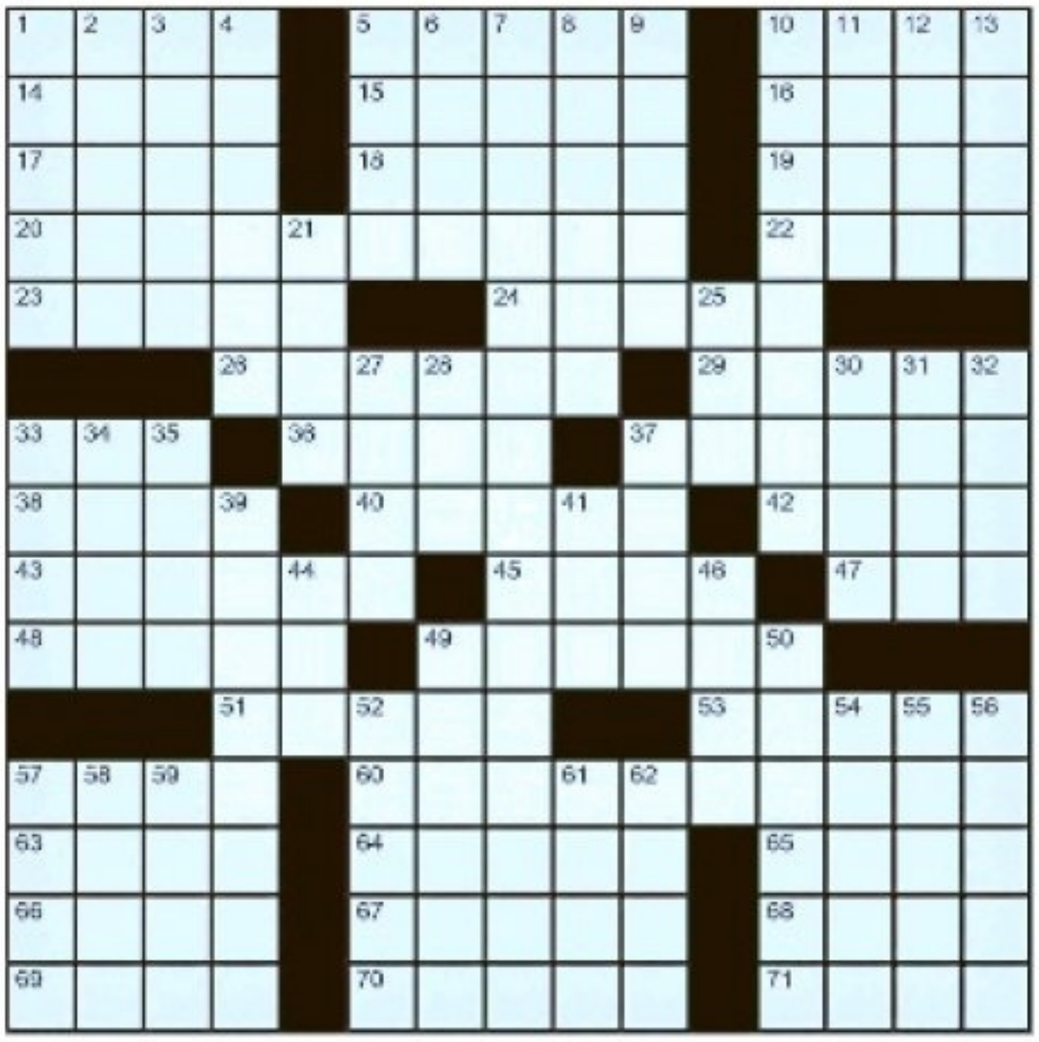
Ingredients
- 1 cup carrot juice
- 1 orange, peeled and quartered
- 1 banana, peeled

Directions
Place all your ingredients in the blender and give it a good whiz.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hockey movie, "_ Shot" (1977)
5. Carbonated drinks
10. Character for Elizabeth McGovern on "Downton Abbey"
14. Musician Mr. Puente
15. "_ _ have it!" (Bidder's exclamation)
16. Word in a Grimm opener
17. It means 'Soil'
18. _-_ knife
19. Mr. Trotsky
20. 2017, Year of _ _
22. Go Detail link
23. War horse
24. 50 Cent album: 'Get Rich or Die _"
26. Big name in sunglasses
29. Sir Paul McCartney's nickname
33. 'My' in Quebec, plurally
36. Dog's disdained delivery!
37. As per #7-Down, Red Green's nerdy nephew
38. Air kiss sound effect!
40. Canuck flappers
42. "_ and _" by Lady Gaga
43. Pull the vampire's teeth
45. _ in the road
47. Sanction
48. "Me, Myself & _" (2000)
49. The _ = Bilbo Baggins
51. Balk/hesitate
53. Engage in henpecking: 2 wds.
57. Count on
60. Toronto-born portrayer of the title character of "The Red Green Show": 2 wds.
63. Studied-for undertaking
64. Lake Erie community in Ontario, Port _
65. No word of _ _ (True)
66. Cotton variety
67. Make hair stand _ _
68. Thailand neighbour
69. Eminem tune
70. Opera _ (Opera style that's serious)
71. Anglo-Saxon toiler

DOWN
1. RBIs, e.g.
2. Illuminator
3. "If _ _ Falls" by Bruce Cockburn
4. Less loaded
5. TV news hour, _ _'clock pm
6. Grannies, in Germany
7. 2002 Red Green movie comedy starring #60-Across: 3 wds.
8. Sailor's 'backward'
9. "Love _" (1970)
10. "MasterChef Canada" = _ competition show
11. Candid
12. Origin
13. Cornerstone word
21. Singer/actress Aubrey
25. "_ _ Believer" by The Monkees
27. Safecracker
28. Quebec 'wheat'
30. Not ruffled
31. Sleuth's lead
32. Mine entrance
33. Caesar's 2501
34. Washstand vessel
35. Home free
37. Dill or mint
39. As per #60-Across... Red Green's gig
41. Shed many tears
44. Born, in a wedding announcement
46. Families
49. 'Snappy' words in football...
50. Steamed-in-corn-husks dish
52. Early platform for PCs
54. Monster lizards
55. 'Tempt' suffix
56. Foo Fighters tune: "Times Like _"
57. VP Mike Pence, et al.
58. Leave
59. The Dalai _
61. "_, vidi, vici."
62. Earth goddess in Richard Wagner's opera Das Rheingold

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you feel sensitive to others today, you might use your money or something that you own to help someone. (Meanwhile, being kind will make you feel happy!)

Taurus April 21 - May 21
You feel inspired to be the best that you can be today. You also know that being the best means benefiting others as well as yourself.

Gemini May 22 - June 21
You will put the needs of someone else before your own because it makes you feel good. It's just one of those things; you want to take the high road.

Cancer June 22 - July 23
If you are in competition with others today, you won't be too fierce, but you won't be a wimp, either. You want what is best for the greatest number of people.

Leo July 24 - Aug. 23
If you are talking to parents and bosses today, you will show them ways that work out best for everyone. It's quite likely that they will be impressed with your insight.

Virgo Aug. 24 - Sept. 23
You might want to study religion, yoga or meditation today, because you are interested in something "different." You want to expand your experience of life.

Libra Sept. 24 - Oct. 23
You will be reasonable if dealing with an inheritance or if deciding how to share something today. You understand that good business is mutually beneficial.

Scorpio Oct. 24 - Nov. 22
If you can help a partner or close friend today, you will. In fact, you are even willing to compromise with a person who is an enemy or a frenemy. (That's the toughest!)

Sagittarius Nov. 23 - Dec. 21
You will find it rewarding to help someone at work today, and because you extended this person a helping hand, you will feel good about yourself. Life works that way.

Capricorn Dec. 22 - Jan. 20
If you can help children today, you will get great satisfaction in doing so. Playful activities, social outings and sports events will be pleasant.

Aquarius Jan. 21 - Feb. 19
You want to help a family member today, especially because there's been chaos and activity at home. Someone will appreciate your offer to help. Family is gold.

Pisces Feb. 20 - March 20
You can influence others today by setting a great example for them. Your ability to be caring and positive will be noticed by others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		1			4	8	2	
			6	1				4
4		6						7
	2		9		1			8
	6						4	
3			8		2		9	
1						7		9
9				8	3			
	4	8	2			5		3

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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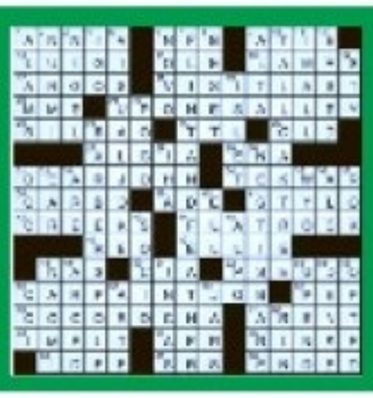

5	9	8	4	3	1	6	7	2
2	4	6	8	7	5	9	1	3
7	1	3	6	9	2	5	8	4
9	7	1	2	6	4	8	3	5
8	2	4	1	5	3	7	6	9
6	3	5	7	8	9	2	4	1
1	8	9	3	2	7	4	5	6
4	5	7	9	1	6	3	2	8
3	6	2	5	4	8	1	9	7

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